

DUCKS AND PIGEONS

Ducks and Pigeons is a variation of Seated Toe Raises.

Benefits »

- ⦿ Strengthens a broader range of ankle and lower-leg muscles than simple toe raises.
- ⦿ Allows participants to do strength work seated.

Set It Up »

You will not need any equipment for this activity, unless you choose to progress Duck Feet by adding resistance with a Thera-Band. Then each person would need a Thera-Band. One progression has participant seated on a balance disc in a chair with arms.

How to Do It »

The Start

Participants sit tall with feet flat on the floor, hip-width apart (same beginning position as Seated Toe Raises).

The Moves

Use the following cues.

- ⦿ Keeping heels on the floor, lift the front of the foot as far as you are comfortably able. Hold a moment.
- ⦿ Turn the feet outward (duck feet).
- ⦿ Then turn them in (pigeon toes).
- ⦿ Lower the foot to the floor.
- ⦿ Repeat 8 to 12 times, as well tolerated.
- ⦿ Stretch the shins (point and turn the foot and toes; do ankle circles).



Take It Further »

- ⦿ Cue participants to make their ankles work harder. Tell them to pull up more firmly.
- ⦿ Do a few more repetitions, or increase hold times in the up position.
- ⦿ Use a Thera-Band to increase resistance for Duck Feet. Place band under both feet and hold ends in hands. Start with feet placed a few inches apart. Heels stay planted and forefeet move apart from each other.

Give It More Balance »

- ⦿ Sit at the edge of the chair.
- ⦿ Sit on a balance disc (*only* if the chairs have arms).